

# Daily Word



A UNITY PUBLICATION  
JUNE 1947

# Class Thoughts

**PEACE . . .** In the name of the Lord Jesus Christ we pray for and decree a permanent peace, uniting all the nations of the earth in a league of justice and righteousness, in which the life, liberty, and love of God shall be paramount.

**PRAYER FOR WORLD LEADERS:** Through the Christ mind you are unified in thought and purpose for the good of all humanity.

MAY 20 to JUNE 19

**ILLUMINATION (11 a. m.):** Divine understanding is quickened in me, and I know the Truth.

**PROSPERITY (12 noon):** Thy Spirit of prosperity is quickened in me, and I am successful in all my undertakings.

**HEALING (9 p. m.):** Thy quickening, free-flowing life renews and heals me.

JUNE 20 to JULY 19

**ILLUMINATION (11 a. m.):** The Christ mind in me is the light of my world.

**PROSPERITY (12 noon):** I am filled with joy as I realize the presence of Thine all-providing Spirit of abundance.

**HEALING (9 p. m.):** The joy of the Lord is my life and my strength, and I am made whole.

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# DAILY WORD

EDITED UNDER THE SUPERVISION OF SILENT UNITY

Vol. 46

June, 1947

No. 6

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Center Photo—Philip D. Gendreau

## DAILY LESSONS FOR JUNE

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## *My Guest*

FLORENCE SCRIPPS KELLOGG

O gentle Jesus, be my guest  
Within my house today;  
Then shall its every room be blest,  
Its roof and lintels gray.

O gentle Jesus, be my guest  
At all my meals today,  
And let Thy holy blessing rest  
On me and mine, I pray.

O gentle Jesus, be my guest  
Within my heart today  
That I may clearly manifest  
Thy wondrous love alway.

O gentle Jesus, be my guest,  
My friend, my light, my guide;  
Then shall I be forever blest,  
With Thee close by my side.

## *How to Get the Most Out of DAILY WORD*

**D**AILY WORD begins and ends the day for many persons. It is so much a part of their day that some of our readers have told us that they would rather skip a meal than DAILY WORD.

Many persons read DAILY WORD at their breakfast table. There are others who take DAILY WORD with them to work. Some slip it out of their pocket to read on the bus or streetcar. Others like to have it handy to glance at during the day.

Wherever there are people working, traveling, shopping, among them there are DAILY WORD readers. Sometimes our DAILY WORD readers tell us that they are surprised to discover that a business associate, a friend, a chance acquaintance has DAILY WORD with him too, or has started his day with DAILY WORD. They had felt drawn to the other person but did not realize that one reason was the bond of oneness that already existed because they were thinking along the same lines of Truth.

If you are one of our readers who do like those we have just described you do not need to be told how to get the most out of DAILY WORD, for you are using DAILY WORD in just the way that we intend it to be used. But for the benefit of our newer readers we should like to explain something about the purpose of DAILY WORD; we should like to show them the way to get the most out of DAILY WORD.

What is the purpose of DAILY WORD? How does DAILY WORD actually help in meeting the problems of the day?

The purpose of DAILY WORD is to present Truth in practical terms that can be applied to everyday living. By Truth we mean ideas that are true and good and constructive. "Ye shall know the truth, and the truth shall make you free."

The basic teaching of Unity is that our thinking is responsible for our outlook on life. How we think, what we think, determines whether we are unhappy, unhealthy, frustrated individuals.

A person may be unhappy but not know the real cause of his unhappiness nor know where or how to begin to overcome his unhappiness.

It is not enough to be told that we need to think correctly in order to meet life successfully. We need to know how to think, what to think, if

our present way of thinking produces unhappy results.

This is the purpose of DAILY WORD: to act as a guide to right thinking, to give the reader a new thought about himself, about life, about God—to give him Truth.

How does DAILY WORD actually help in meeting the problems of the day? To answer this question we should like to tell you first something about Silent Unity, since DAILY WORD is edited under the supervision of Silent Unity.

Silent Unity is the prayer department of Unity School. Into it pour thousands upon thousands of letters from persons in all corners of the earth seeking help through prayer. Through the more than fifty years that Silent Unity has been in existence it has had every kind of human problem presented to it. Because our work is confidential people have felt free to write us about everything and anything.

In Silent Unity we have discovered that in spite of the variety of experiences that people pass through and need help with, there are not so many basic problems. The basic problems are essentially health, happiness, and prosperity. These basic problems have so many variations and appear in so many different guises that it sometimes seems that the human family is beset with hun-

dreds of ills. But when the problems are analyzed we see that they are not so different after all. Certain needs seem to occur again and again in the lives of our correspondents: the need for health, guidance, justice, freedom, peace of mind, comfort, and so on.

Our reason for telling you this about Silent Unity is to help explain to you how subjects are selected for the DAILY WORD lessons. The daily lessons cover the basic needs of human beings as we are able to determine them from reading the Silent Unity mail, which seems to give a cross section of the heart of humanity.

Now of course every reader does not have exactly the same needs from day to day, but every lesson is for every reader, for all of us need to strengthen our faith and understanding along the many different lines of Truth. There are lessons to meet your special problems, there are other lessons that guide you to greater understanding, there are some lessons that help you to help other persons.

There is this to consider too. We are complex creatures, and no problem can be isolated. There is no such thing as a pure-and-simple health problem, for instance. Our body may be sick, but there is a need besides physical healing in every case. It may be a need of peace of mind, it may be a need of harmony in human relations, it may be a



need to overcome resentment in our heart. So the one who needs healing may find his special help in a daily lesson that deals with the overcoming of critical thinking, with forgiveness, with fearlessness, rather than a lesson which deals specifically with physical healing.

Of course a person with a specific problem can always refer to the index of lesson subjects in the front part of the magazine in order to find a lesson that will give him the special help he needs. Whether you do this when you have a specific problem or whether you prefer to take each day's lesson as it comes and apply it to yourself and your needs, the important thing is that you meet your problems in a right state of mind. The regular use of DAILY WORD can help you build up and maintain a right state of mind.

We would suggest to anyone unfamiliar with DAILY WORD that it is not a magazine to be simply read, like other magazines. It is a magazine to be read one day at a time, one lesson at a time. It is a magazine that has something for you every day in the year.

It is said that in order to add a new word to our vocabulary we need to use it three times in conversation. If we should use our DAILY WORD lesson even three times during the day, the idea of that lesson would be ours, a part of our con-

sciousness, something that we should unconsciously realize and rely upon.

What do we mean by "using our DAILY WORD lesson?" For instance, the affirmation for the day is "I can do all things through Christ which strengtheneth me." You have read this in the morning, and you think of it now as you begin your day's work. Perhaps during the day you are asked to perform some unexpected task, even a dreaded task. Again you think of your DAILY WORD lesson, and your response is a positive one. Suppose at some time during the day you meet with an unhappy situation that calls for a display of much good grace and good humor on your part. Again your DAILY WORD lesson comes to your rescue and helps you handle the situation successfully.

We receive many letters from readers telling how they use DAILY WORD in their daily life, and we know from these letters that DAILY WORD is accomplishing its purpose, that it does actually help in meeting the problems of the day.

The blessing that is placed upon DAILY WORD before it is sent out is this: "DAILY WORD, your word is alive with Truth, awakening in the hearts of your readers the assurance of God's help in every need." We give thanks that DAILY WORD is living up to this affirmation about it. We give

thanks that DAILY WORD is bringing comfort to the bereaved, faith to the despairing, harmony to the unhappy, peace to the troubled in spirit. We give thanks too that DAILY WORD adds to the joy and happiness of those of its readers who do not have special problems but who use DAILY WORD as a spiritual guide.

Use your DAILY WORD. It is for you. It will help you. And as you use your DAILY WORD daily you can know that there are hundreds of thousands of persons thinking the same thought and applying it to their own life. There is power in united thought. There is power in united prayer. As you use your DAILY WORD you are a part of a great prayer group that extends over all the earth, that includes people from every walk of life, and when people think together, pray together, they are filled with a power that is greater than any one person's power, that is beyond the human. They are filled with the power of God Himself.

Silent Unity begins its day with DAILY WORD, so Silent Unity is with you in thought and prayer each day. There is no separation in Spirit. In Spirit we are one with you and every other reader of DAILY WORD in every part of the world.

God bless you, whoever you are, wherever you are. God give you understanding. God be with you every moment of every day!

## *"He Giveth His Beloved Sleep"*

ERNEST C. WILSON

### *A Reprint*

**D**O YOU find it difficult to sleep through the night? Do you toss on your pillow and as a result approach the new day wearied rather than refreshed? Truth can help, and will. Remember the promise of David: "He giveth his beloved sleep."

Lying awake can be as refreshing and renewing as falling asleep if your thoughts and feelings are right, if you are at peace with yourself and the world. So begin by seeking such peace.

If thoughts of the day's activities harass and trouble you, do not fight them or try to drive them out of your mind. Instead make the remembrance of them an opportunity to bless them. Patiently and lovingly go over them in your thought. Examine them with love-filled eyes. Instead of pushing them away from you, look at them more closely, more inwardly, until you discover the inmost good that they contain. If you find bitterness, fear, resentment, or discouragement in any of them, forgive the experiences, anyone connected with them, and yourself. If there is anything you can do to correct a mistake

or to adjust a misunderstanding, resolve then and there to do it. Even make a memorandum of it for attention next day. Then dismiss it.

Be practical. If going over and over the problems and opportunities of the day that is closed, or the day that lies ahead, is likely to do any good, yield to this thought process and impartially consider the matters that concern you. Beyond that release them. Merely being unhappy or troubled about them never helps. This is an indulgence that is in a class with other harmful human dissipations. You are working against the good when you permit the indulgence.

You say that you do none of these things and sleep still eludes you? Very well. Agree with that condition. Do not fight it. It will do you no harm to lie awake if only you keep relaxed. You will find rest and refreshment while awake as well as while asleep if your thoughts are right. Make your waking state a time of meditation upon Truth. Memorize and repeat some of the affirmations and prayers that especially appeal to you. Say over to yourself the lines of some beautiful poem, or one of the Psalms, particularly if you are fearful, afraid of danger during the night hours. Place yourself in God's care, and know that His love watches over you and those dear to your heart.

While you are resting, enjoy the luxury of unhurried, leisurely thought. During the active hours of the day you may not always have the opportunity to do this. Make the most of it. What a blessing it is that you can keep awake long enough to enjoy it. Ideas will come to you, ideas that are elusive during the hurried daytime hours. Again have recourse to a memorandum pad. Jot down these ideas. Thank the Father that He brings them to your consciousness.


Does it seem that we are avoiding the issue, that instead of offering help in getting sleep we are recommending that you stay awake comfortably and profitably? No. Sleep will come if you do not resist wakefulness. Your agreement with wakefulness is itself conducive to refreshing slumber.

*"In peace will I both lay me down and sleep;  
For thou, Jehovah, alone makest me dwell in  
safety."*

*"Rest in Jehovah, and wait patiently for him."  
"My presence shall go with thee, and I will give  
thee rest."*

*"Sleep on now, and take your rest."*

*"When thou liest down, thou shalt not be afraid:  
Yea, thou shalt lie down, and thy sleep shall be  
sweet."*




## *A Song for Insomnia*

JAMES DILLET FREEMAN

Close your eyes, go to sleep;  
Faith and wisdom will keep  
Quiet watch through the  
night

And will be your sure light.  
God is peace, God is love;  
Still beneath, still above,  
Still before, still behind,  
Peace of heart, peace of  
mind.

Yesterday's cares are gone,  
And a new day will dawn.  
Go to sleep, have no fear.  
Peace is here, love is near.



I DO NOT RESIST CHANGE. I ADAPT MYSELF TO THE LAW OF GOOD, WHICH BRINGS ABOUT RIGHT ADJUSTMENT, WELL-BEING, AND SATISFACTION UNDER ALL CONDITIONS.

**I**F I keep this thought in mind I shall not be unhappy over any changes that may occur, either those I consciously choose or those which seem forced upon me.

Actually I cannot resist change or keep things always as they are, for life is activity, movement, growth, and if I choose to be alive I at the same time choose to experience change and growth.

An infant follows its instincts for growth eagerly. I should no less eagerly than the infant follow the instinctive promptings from within that say: "Reach out! Stand up! Walk! Grow!"

I need never grow old or go stale so long as I have a receptive spirit, an open mind, and a willingness to learn. I bless my life, I bless all the experiences I have had, and I welcome each new day as an opportunity to live, to learn, to grow.

*Open thou mine eyes, that I may behold  
Wondrous things out of thy law.*

—PSALMS 119:18.



JUNE 2

Monday

EVERY CELL IN MY BODY TEMPLE IS ETERNALLY ALIVE WITH THE HEALING AND RENEWING LIFE OF CHRIST.

I NO longer think of my body as being unintelligent matter. My body is the eternal abiding place of the living God. My body is an intelligent incarnation of His radiant energy and substance. The cells of my body are eager to express the Christ perfection that they are intended to manifest, and they are pliable and responsive to my word of Truth.

Because the renewing, restoring, vitalizing life of God is active within every part of my being, I know that all my faculties and functions are momentarily increasing in efficiency and perfection. I look forward to the future with joy and thanksgiving, for I know that each new day will find me expressing more and more of the radiant Christ life within me.

My mind is aglow with the renewing ideas of Christ. My body is alight with the renewing life of Christ. My bodily functions are regulated and controlled by the eternal and harmonizing love of Christ.

✱ *Yet in my flesh shall I see God.*—JOB 19:26 (A. V.).

I LET GO OF EVERY THOUGHT ABOUT MYSELF AND ABOUT LIFE THAT KEEPS ME FROM ACCEPTING THE PROSPERITY AND SUCCESS THAT ARE RIGHTFULLY MINE AS A CHILD OF GOD.

WHY is it that many persons in the midst of the Father's abundance are in lack? The answer lies in the individual's conception of himself and life. If a person has learned to be fearful and to think in terms of deprivation, he needs to re-educate his mind in terms of the abundance of God's world.

If a person has dwelt on the idea of economy and thrift to the extent that he cannot allow himself the things he really needs or wants, he needs to re-educate himself to a freer thought about his supply. It is necessary of course to use good judgment in handling money, but we should not limit our good by thinking fearfully of our personal finances.

Prayer helps us to know ourselves. Prayer reveals to us the ideas we need to lay hold of in order to be prosperous. Prayer sets us free from the beliefs that have limited us.

✿ *It is your Father's good pleasure to give you the kingdom.—LUKE 12:32.*

JUNE 4

Wednesday

IN ALL MY ENDEAVORS I LET THE LOVE OF  
CHRIST RULE MY EVERY THOUGHT, WORD,  
AND DEED.

IF WE do not have a loving heart that seeks to embrace the goodness in all persons, things, and conditions, we shall never experience lasting happiness, health, or peace of mind; for love is that cohesive quality of being that binds our good to us. Love is to our individual being what gravity is to our universe, and the more love we express in our life the more order and harmony we shall experience in our body and affairs.

Daily, at the advice of Jesus, we should cleanse our entire consciousness of every grudge, every hurt feeling, and every unforgiving thought, and recognize the loving presence of Christ in every living soul without exception. Such forgiving activity is a healing tonic to the entire being that fills the mind with peace, quickens the body with great purifying surges of new life, and blesses all relationships and all affairs with glorious new purpose and harmony.

☛ *He that loveth his brother abideth in the light.*—I  
JOHN 2:10.

I KNOW EXACTLY WHAT TO DO IN EVERY SITUATION, AND I KNOW HOW TO DO IT PERFECTLY, FOR GOD IN ME IS MY INTELLIGENCE.

THERE IS no problem that you cannot solve, no condition that you cannot overcome, for the all-knowing mind of God is within you, your ever-present help and inspiration.

When you keep poised in the realization that God is not only with you but that His power is ever available to you, you are beautifully guided every step of your way, and whatever you need to know is made plain.

If you need greater health, happiness, supply, or peace of mind, remember that God in you is your intelligence. Know your oneness with His all-knowing mind in the midst of you, believe that He will instruct you, help you, and guide you, and the perfect idea for each moment will flow from God to you.

Affirm your oneness with the mind of God, and the very help you now need will be given you; you will be illumined and set free.

*I have chosen the way of faithfulness:  
Thine ordinances have I set before me.*

—PSALMS 119:30.

JUNE 6

Friday

I GIVE FREELY OF MY LOVE AND UNDERSTANDING AND SPIRITUAL STRENGTH TO OTHERS, AND I BLESS EVERYONE THAT I CONTACT.

DEEP WITHIN each one of us is the desire to help others, to bring comfort to the sorrowing, strength to the weak, and courage to the faltering. This desire springs from the Christ Spirit within us and was expressed in Jesus' words "It is more blessed to give than to receive." Sometimes however we do not know just how to give and how to help others the most.

The answer to our questioning heart is prayer. By earnestly and sincerely praying for another, by silently calling forth the Christ Spirit within him and recognizing his innate perfection we are helping him in the highest and best way. As we are loving and understanding of another's problems, as we give freely of our spiritual strength to him and have faith in his ability to express the highest ideal of his perfection, we are truly helping him to rise out of negation. Beholding good, we call forth good and become a blessing to all whom we contact.

✿ *It is more blessed to give than receive.*—ACTS 20:35.

I RELINQUISH ALL THOUGHTS OF UNHAPPINESS ON ACCOUNT OF PAST MISTAKES, AND I PRESS FORWARD TOWARD NEW HAPPINESS AND NEW ACCOMPLISHMENTS.

ONE OF the most inspiring and helpful lessons we learn in our study of Truth is that we do not need to be burdened with regret over past mistakes. The experiences we have had, even the seemingly unhappy ones, have brought us greater wisdom and understanding, and when we can accept this and give up all thoughts of unhappiness and all feeling of failure we set our feet upon the pathway of new happiness and new accomplishment.

Each day you can begin anew to work toward the goal of perfection. Each day you can free your mind and heart from regret at your seeming inability to measure up to your highest ideals in the past. The future stretches before you and unlimited opportunity to accomplish the desires of your heart. Face it freely and joyously, confident in the knowledge that God's forgiving love and grace have released you from the burdens of the past.

☛ *Behold, I make all things new.*—REV. 21:5.

JUNE 8

Sunday

I AM CONSCIOUS OF THE INFINITE BLESSINGS THAT SURROUND ME, AND I KEEP EVERY CHANNEL OF MY BEING OPEN AND RECEPTIVE TO MY GOOD.

**R**EALIZE today that you are surrounded and infolded by God's infinite love and blessings. Every good thing that you can ever need or want, even the unexpressed desire of your heart, is at hand waiting for you to call it into expression in your life. God is ever ready and willing to bestow these blessings upon you. Your part is to keep the channels of your mind and heart open and ready to receive. You can do this by being loving, by being cheerful, by looking for and expecting good to come to you.

If there is some special blessing that you desire to bring into manifestation in your life, search your consciousness and make sure that you are not blocking the channel by wrong thoughts or a negative attitude. Keep your heart joyous and remain expectant of good, and the blessings you long for will come to you.

*The earth is full of thy riches. . . .  
Thou openest thy hand, they are satisfied with good.*  
—PSALMS 104:24, 28.

## Monday

JUNE 9

I AM A CHILD OF GOD, BELOVED OF HIM, AND  
ENDOWED WITH ALL THE POWERS AND  
CAPABILITIES I NEED TO CREATE A HAPPY,  
SUCCESSFUL LIFE.

**S**ELF-PITY is a destructive state of mind. I do not give way to self-pity. I am willing to face myself honestly. I am willing to accept responsibility for the lacks or shortcomings I see in my life.

I do not allow myself to fall into the habit of blaming other persons for my unhappiness. I am willing to do what I can to overcome the limitations I feel in myself, and I do not transfer my self-blame to others and hold them somehow responsible for my failures.

If I have feelings of inferiority I refuse to feel sorry for myself or to believe that mine has been a worse lot than any other person's. I ask myself why I feel inferior and work to overcome the reasons I may discover in myself. I may need only to realize my divine nature in order to overcome my feeling of inferiority, or I may need to take actual steps in the outer in order to gain greater self-confidence.

✿ *I can do all things in him.*—PHIL. 4:13.



JUNE 10

Tuesday

I EXPRESS THE POSITIVE POWER OF THE CHRIST MIND IN WISDOM, LOVE, AND GOOD JUDGMENT.

**W**HEN WE use **good judgment** we avoid many unpleasant situations that arise because of **unwise, hasty, or thoughtless** actions.

We may not always trust our own judgment, but we can always trust the **Christ mind** in us to reveal the right **course of action** to us. The way to let the positive **power of the Christ mind** express itself through us is to become still and meditate on an affirmation like the one given at the beginning of the lesson for today.

If our financial affairs seem to be in a bad state we can adapt this affirmation for our use in this manner: "I express the positive power of the **Christ mind in wisdom, love, and good judgment in handling my money.**" Many times we need **good judgment** more than an increase of money.

**Whenever** we need to make a right and wise decision we shall be helped to do so by affirming that we express the positive power of the **Christ mind.**

• *Wisdom is a defence.*—ECCLES. 7:12.



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*Chrysalis*

RUTH LAURENE

The soul needs solitude in which to build  
From lesser self to greater self-to-be;  
And so unto the silent places  
Went the Man of Galilee.

The soul has need of solitude no less  
Than caterpillar his soft-shrouded sleep;  
To both the transformation comes  
In silence reverent and deep.

The soul needs solitude; so let us seek  
Unhurriedly a time and place apart,  
Some deep and dreamy chrysalis  
Of prayerful mind and loving heart.

The soul needs solitude in which to build  
From lesser self to greater self-to-be;  
Unto the caterpillar wings!  
To man his own divinity!

Wednesday

JUNE 11

THE TRANSFORMING PRESENCE OF CHRIST IN  
ME, ILLUMINES MY MIND, HEALS MY BODY,  
AND PURIFIES MY SOUL.

I AM inspired, instructed, and guided in the smallest details of my life by the transforming presence of Christ in me. Whenever I am perplexed in any way I wait trustingly for the answer that I know I shall receive.

My body abounds in the healing life of Christ. I know that this life is now dissolving all impurities, harmonizing all my organs, and regulating all my bodily functions. His peace suffuses my nervous system, His love normalizes all my glands. His strength is the eternal framework of my body. From the marrow of my bones to the tissues of my skin I am cleansed, renewed, and made whole.

My soul is aglow with the purifying light of Christ. All accumulation of negative ideas, useless habits of thought, or feelings of unforgiveness, are now being redeemed and healed in the glorious and transforming light of His indwelling presence.

*Yehovah is my light and my salvation;  
Whom shall I fear?*

—PSALMS 27:1.

JUNE 12

Thursday

I AM ABSOLUTELY FEARLESS, FOR I TRUST  
IN GOD.

THE ABOVE statement will support you in time of need and banish your fears. When you use this strong, positive, rewarding prayer you become secure in the knowledge that God's strengthening support is with you.

If you are faced with a problem of any kind and fear seems to be gaining a foothold in your mind, remember there is a very simple remedy for fear. The remedy is to replace fear with trust in God. It is not possible to trust God and at the same time be afraid. Fear will be completely obliterated when you cease to fight fear and quietly but firmly place your trust in God.

As trust in God is built into your mind rely on His goodness, His perfect love, His readiness and willingness to sustain you at all times and under all circumstances. Remember above all to think of God as your friend, as one who never forsakes you, who is your help in every need. A firm trust in God increases your good, multiplies your blessings, transforms your life, and gives you dominion.

✿ *The Lord is my helper: I will not fear.*—HEBREW 13:6.

## Friday

JUNE 13

I AM THANKFUL FOR THE BLESSINGS OF TODAY, AND I DELIGHT IN THE JOY OF THE PRESENT MOMENT.

**T**OO OFTEN we shut off the possibilities of joy today by reaching for tomorrow's good and living in a state of discontent because it is not here today.

You will never find more joy than is contained in this instant, because now you and the Father are one. The truest joy you will ever know is the realization of your oneness with the Father. Today it is possible for you to walk in close sweet communion with the Father, to become acquainted with the friend who will never leave you or forsake you.

As you become poised and centered in the Truth of God you will develop a strength and joy that is not dependent upon persons, conditions or things. But your enjoyment of persons, conditions, and things will be enhanced as you learn to find in the present moment the inner joy of Spirit.

*Bless Jehovah, O my soul,  
And forget not all his benefits.*

—PSALMS 103:2.

JUNE 14

## Saturday

I GIVE AND RECEIVE IN A CHRISTLIKE SPIRIT.

**T**ODAY I make use of my every opportunity for giving. I give freely, without thought of gain. I give of time, money, talents; I give a smile, a cheerful greeting, a sympathetic ear. I give something—a silent blessing if I give no outer thing—to every person with whom I come in contact. If I give a tangible gift, it also goes forth to its receiver with a silent blessing. Today I remember particularly to give my best self to those with whom I am most intimate, never giving grudgingly or complainingly but joyously!

The art of giving has been so much emphasized that I must also remind myself that there is a Christlike way to receive. Today I receive many gifts—a sunrise, a special personal service, a letter. Everything that comes into my life is in some way a gift. I receive every such gift graciously, joyously, and thankfully.

There is a rhythm pervading all life, the rhythm of giving and receiving. I give myself, my will, completely and joyously to God. I receive as freely and as joyously His bounty.

✿ *Give, and it shall be given unto you.*—LUKE 6:38.

I AM NEVER ALONE, FOR GOD'S LOVING PRESENCE IS EVER WITHIN AND ABOUT ME.

**Y**OU ARE never alone, dear friend, for the love of God infolds you every moment of every day. No matter where you go or what you do, God is present, for God is a circle whose center is everywhere.

Though no other person may seem to understand you, remember that God does. He knows exactly what you need and is even now adjusting and healing your entire being so that you may express the perfection of your indwelling Christ.

You are a necessary and vital part of God's great body of humanity, and you may be assured that all the powers of heaven and earth are working together for your happiness and your highest good. God is omnipresent, and His help comes to you through many channels—through persons, things, and conditions.

Keep poised in the realization that the transforming presence of God eternally fills and surrounds you, and all feeling of loneliness will be turned into joy.

✿ *I am not alone, because the Father is with me.*—JOHN 16:32.



JUNE 16

Monday

I AM A LOVABLE CHILD OF GOD, AND ALL MY  
HUMAN RELATIONS ARE HARMONIOUS.

IT IS important to have a pleasant disposition; to be friendly, kind, and lovable in your home, in your circle of friends, and among your business associates. If you have a feeling that you lack the qualities needed to make you a harmonious individual, you can change yourself into the kind of person you really want to be, and it need not be a hard, laborious process.

There is a natural, spontaneous, instinctive urge in you to express understanding, love, and kindness. This is the Spirit of God, the Spirit of divine love in you seeking expression.

Turn to God in prayer and let more of His love influence your thinking, more of His peace and harmony govern your life.

When your life is disciplined through prayer the kind, friendly, lovable self, the real self of you, shines forth in all its beauty to harmonize your human relations. You are blessed and you are a blessing.

\* *But the fruit of the Spirit is love, joy, peace, long-suffering, kindness, goodness, faithfulness, meekness, self-control; against such there is no law.*—GAL. 5:22, 23.

I BELIEVE THAT THE DIVINE LAW OF JUSTICE IS NOW ACTIVE IN MY LIFE, REGULATING ALL MY AFFAIRS AND MAKING ME SECURE IN THAT WHICH IS MY OWN.

“**F**OR JEHOVAH is a God of justice.” When you can accept this truth with all your mind and heart, when you can realize that a just God is governing all your affairs, you will no longer give the thought of man-made injustice any power in your life. If you are facing a situation that seems to you to be unfair or unjust, place it in God’s hands and acknowledge that His power is adjusting it.

Do not become impatient or discouraged if appearances seem to be against you, but strengthen your faith in the law of divine justice and patiently await the outworking of good.

Refuse to accept the belief that your good can be kept from you by any person or circumstance, and steadfastly acknowledge that God’s law is in operation in your life and affairs.

As you are faithful, justice will surely prevail, and you will be secure in that which is your own.

✿ *For Jehovah is a God of justice; blessed are all they that wait for him.*—ISA. 30:18.

JUNE 18

Wednesday

GOD IS THE ONLY PRESENCE IN MY LIFE, AND  
IN GOD THERE IS NO LIMITATION.

I DO NOT limit my intelligence. Because the Christ mind is in me, I am capable of understanding all things. The Christ mind reveals to me the truth about God and the truth about my relationship to God and to all people, and I let this indwelling and infinite intelligence instruct me and guide my every thought, word, and act.

I do not limit my expression of life, because I know that I am endowed with limitless Christ potentialities. I rejoice that I can rise to the full height of my indwelling Christ perfection according to my faith and according to my vision. Whatever I can vision I can become. Whatever I can conceive in my imagination, that I can bring forth with God's help. I place no barriers of limitation between myself and my inner Christ perfection, which I fully believe I can express here and now, but I hold fast to my high vision and purpose and trust in God. I know that nothing, absolutely nothing, is impossible to the Christ in me, and I give thanks for this realization.

☛ *Have this mind in you, which was also in Christ Jesus.*  
—PHIL. 2:5.

I AM RENEWED IN THE SPIRIT OF MY MIND.

**T**RUE overcoming of negative thinking is not accomplished by repression. To repress unhappy thoughts, to hold back unkind words, is to work with effects rather than causes. If the reason for my unhappy thinking is still a part of my consciousness, the fact that I push such thoughts into a far corner of my mind does not mean that I have made an overcoming. I have only temporarily closed my mind to something I do not wish to face. Not to say the unkind word is not an overcoming if the idea that prompted the desire to be unkind still remains in my mind.

True overcoming of negative thinking is made through the replacement of the wrong kind of thoughts with the right kind of thoughts. Really to overcome unhappy thinking I need to change my thought about myself, about my world, about my fellow human beings.

There is a spirit in me that helps me form new thought patterns. When I make even a single attempt to change my way of thinking I find that the Christ Spirit in me upholds and strengthens me.

♣ *Be renewed in the spirit of your mind.*—EPH. 4:23.

JUNE 20

*Friday*

THE CHRIST MIND IN ME IS THE LIGHT OF MY  
WORLD.—UNITY CLASS THOUGHT.

JESUS CHRIST proclaimed Himself to be the light of the world, and He proved by His ministry among men that the light of divine truth indeed was revealed by and through Him.

In Truth, when we speak of the Christ mind, we mean the infinite divine intelligence within us that guides, directs, shapes, and controls our life and our world. The same mind that was in Jesus Christ is in us, and we have the power to call it forth into complete expression as Jesus did.

Just as we say that darkness symbolizes ignorance and unbelief, so we say that light symbolizes perfect understanding and faith. Hence when we call forth the Christ mind in us, the light of our world, to illumine our world, we come into the perfect understanding that we seek; for in His light we see light.

This Christ mind in us not only reveals to us the answer to any immediate problem that concerns us, but it lights up our talents and illuminates our abilities with divine radiance.

☛ *Walk as children of light (for the fruit of the light is in all goodness).—EPH. 5:8, 9.*

I AM FILLED WITH JOY AS I REALIZE THE PRESENCE OF THINE ALL-PROVIDING SPIRIT OF ABUNDANCE.—UNITY CLASS THOUGHT.

WHEN WE realize the presence of God's Spirit in us and come into even a dim comprehension of our oneness with Him, we are filled with a sense of overwhelming joy, a joy that we cannot put into words. We want to proclaim from the housetops the feeling that is in us, we desire to shout the good news to all who will listen, we feel that the whole world should share in our joy.

The joy of the Lord, the joy that is stirred up in us when we realize the presence of His Spirit, so fills us with the assurance that all is well that we can no longer doubt. Lack, poverty, fear, want, or insufficiency quickly are dissolved by our newly risen faith.

Rejoice now, for God has filled you with His Spirit of plenty, of abundance, of divine opulence. Be joyful in the Lord, for His gifts to you are without measure. Let your heart sing with gladness, for the abundance that you seek is winging its way to you this moment.

♣ *My soul shall be joyful in my God.*—ISA. 61:10.

JUNE 22

Sunday

THE JOY OF THE LORD IS MY LIFE AND MY STRENGTH, AND I AM MADE WHOLE.—UNITY CLASS THOUGHT.

JESUS EMPHASIZED the healing power of joy. A joyful spirit is a veritable tower of strength and health. Joy helps to renew a weary body, to revitalize weakened muscles, to stimulate and strengthen bodily functions.

God has placed a joyful spirit in us which leaps up in us when we turn our thought away from sadness or sickness and trust in His never-failing goodness. The joy of the Lord in us sets into activity a mighty healing force which cleanses, restores, and heals mind, body, and spirit.

Jesus said: "If ye keep my commandments, ye shall abide in my love; even as I have kept my Father's commandments, and abide in his love. These things have I spoken unto you, that my joy may be in you, and *that* your joy may be made full."

The joy of the Lord is your life. The joy of the Lord is your strength. The joy of the Lord is in you, and your joy is made full.

☛ *Be glad . . . rejoice . . . shout for joy.*—PSALMS 32:11.

## Monday

JUNE 23

GOD ILLUMINES MY MIND, AND MY LIFE IS  
MADE JOYOUS, HAPPY, AND FREE.

IT IS heart-warming, strengthening, and comforting to know that God is approachable. He is not far off in some distant place, but He is right where we are every moment of every day. He is an active presence in our life. When we decide to turn to God, we turn to Him in mind. We shut the door on outer things, on negative situations that have worried us, and make this intimate, close contact with the source of our being. "Closer is He than breathing, and nearer than hands and feet."

If our union with God is to be close and intimate our mind needs careful training, and needs to be fed generous, kind, and loving thoughts. If the temptation comes to slip into fearful and chaotic states of mind we can immediately begin to feed our mind with thoughts of generosity, kindness, and love. When we train our mind with thoughts like these we associate ourselves with beauty and infinite goodness. We become an expression of God right where we are.

✿ *Be ye transformed by the renewing of your mind.*  
—ROM. 12:2.



TODAY I TAKE HOLD OF THE TRUTH OF CHRIST; I GIVE UP ALL SUPERSTITION.

USING my knowledge and understanding of the Truth of Christ as a standard, I examine the beliefs upon which I act to see if I am living up to the highest I know. It is so easy to give lip service to the teachings of Jesus; so hard seemingly to break the habit of negation and doubt and live these teachings. But I would remember that after the first step the way of Truth becomes increasingly easy and joyous. It too becomes a habit.

I hold fast to the Truth. I give up superstition. It is as unreasonable for me to fear colds in January or hay fever in September as it is for me to fear a black cat that crosses my path. It is just as superstitious for me to shroud my life in doubt, fear, or hate as it is for me to be afraid to look at a new moon over my left shoulder.

I believe that with God all things are possible. I no longer say or think that a disease is incurable, that a debt cannot be met, that I cannot do any good thing.

• *Grace to you and peace be multiplied in the knowledge of God and of Jesus our Lord.*—II PET. 1:2.

TODAY I SEE ONLY BEAUTY IN MY LIFE.

**B**EAUTY, truth, and love are inseparable in God's life pattern. As I seek and find the beauty in my life I shall know Truth better and drink more deeply of divine love.

I concentrate on the beauty of my outer surroundings. I see grace of line and beauty of color in what I had taken for granted. I see the beauty of a single rose, of a statue, of the face of a friend. That which is not beautiful I bless and seek to beautify.

I see the beauty in human relations. There is beauty in all the patterns: parent-child, husband-wife, friend-friend, employer-employee. I seek to strengthen these ties which so enrich my life by giving more of myself to each.

Today I see that there is an inner beauty that surpasses all outer beauty, no matter how perfect or breath-taking. The beauty of the radiant spirit of one following the Christ way shines through even the plainest features. The beauty of God's truth and love is so great that I am continually uplifted and inspired.

✿ *Worship the LORD in the beauty of holiness.*—PSALMS 29:2 (A. V.).

JUNE 26

Thursday

I KNOW THAT THE SPIRIT OF GOD WITHIN ME IS THE TRUE SOURCE OF MY JOY.

WHEN YOU realize that the Spirit of God within you is the true source of your joy you will no longer feel that your happiness is dependent upon other people or that it can be limited by existing circumstances. True joy is a quality of heart rather than a product of outer conditions. Therefore it is yours to express whatever may be the appearances in your life at the present time.

If you have been harboring thoughts of sadness and depression you have been stifling the well-spring of joy within you. Resolve today to replace heaviness of spirit with lightness of spirit, to keep your heart free and happy instead of burdened and sorrowful.

This is the real formula for peace and happiness and contentment, for the happy heart attracts happy experiences. As you radiate joy your own joy unfailingly increases, and as you keep your own heart light and happy you lighten the hearts of others and make the world a happier place to live in.

• *The fruit of the Spirit is . . . joy.*—GAL. 5:22.

*Friday*

JUNE 27

I LOOK WITHIN FOR THE BLESSINGS I SEEK,  
AND I GRATEFULLY ACKNOWLEDGE AND  
CLAIM MY GOOD.

EACH ONE of us possesses a treasure far surpassing anything the mind of man has ever thought or conceived of. This treasure is Christ in us, "the hope of glory."

At times of high exaltation, intimations and glimpses are given us of the glory of Christ in us, and we apprehend some of the beauty, the soundness, the knowledge, and the limitless potentialities of our divine self.

If we have not discovered this divine self of us we can go "treasure-hunting," as it were, in the uncharted depths of soul within us that Jesus spoke of as "the kingdom of heaven." As we discover our spiritual self we find the very things we need to make our life what we want it to be. We can draw upon the Christ Spirit within for health and vitality for our body, interesting, useful, and joyous activity for our mind and hands, love for our heart, beauty for our soul, or anything we may need to make our life a joyous and complete one.

✿ *I will give thanks unto thee.*—PSALMS 139:14.

JUNE 28

Saturday

I TURN TO GOD; I ACCEPT HIS GUIDANCE; I  
BELIEVE IN HIS POWER.

WHATEVER is amiss in my life I recognize it as a condition of "dis-ease" that can and will be overcome when I am totally "at ease" in God, full of the consciousness of good only. Whether my problem is a bodily ailment (the only kind commonly recognized as disease), or financial lack, or an addiction to alcohol, or a hot temper, the problem can be met swiftly and surely by turning to God; and this is the only permanent solution.

I affirm that today I am at ease in God, and all my affairs are swiftly put in order.

The most difficult part is to remain at ease, knowing that all is well, after the prayer and thanksgiving before the demonstration appears. But even when I see the appearance of disease, feel the stab of pain, open an empty wallet, I must know that God cannot be sick, can never go bankrupt, but must and will keep His every promise. With faith, even though it be no bigger than a mustard seed, I remain constantly and completely at ease in God.

• *Ask, and it shall be given you.*—MATT. 7:7.

THIS DAY I LIVE IN THE REALIZATION THAT  
GOD IS LOVE.

ALL THE world is seeking love. Every human heart hungers for love.

Man looks to persons and things for the fulfillment of his need of love. He wants to be loved, but his heart will never be satisfied as long as he wants only to receive love. His hunger for love will never be appeased until he learns to give love.

Each person can find the fullness of love for himself and know its infinite satisfaction by realizing that "God is love" and then giving expression to the love of God that is within him. As love begins to express itself through him, the realization of love within his own being will not only satisfy his yearning but it will also attract to him expressions of love from without.

The great law of life is giving. "Give, and it shall be given unto you." This applies to love as well as to every other kind of giving. When we express love we attract love. Man must always take the initiative in working with law.

✿ *Let us love one another: for love is of God; and every one that loveth is begotten of God.*—I JOHN 4:7.

JUNE 30

## Monday

THE PERFECT IDEA OF MAN IMPLANTED WITH-  
IN ME AT MY CREATION IS NOW MANIFESTED  
AS MY PERFECTION.

**I**N THE sight of God you are perfect. You are His perfect idea of man in manifestation. You are this perfect idea of Divine Mind come into visibility as man in manifestation. Only one thing can keep this manifestation from being perfect, your own limited idea of yourself. As long as you think of yourself as imperfect you place a limitation upon the perfect idea.

In Spirit you have no imperfections or shortcomings. You could not have been created in the image and likeness of God if you have. You cannot be His perfect child and be imperfect. In Truth you are God's perfect thought about man, and as you know Truth better this thought becomes more and more visible as perfect man.

Blot from mind every belief that tends counter to the truth of your perfection. Do not claim any imperfection as your own. Know that in Truth you always have been, are now, and always will be God's perfect child.

☛ *I am God Almighty; walk before me, and be thou perfect.*—GEN. 17:1.

## *Unity Temple to Be Completed in 1947*

At last the dream we have held these many years of a new Unity Temple in Kansas City is to be fully and completely realized, for the year 1947 holds the promise of being the year of fulfillment.

As you know, shortages of material have retarded progress on the Temple during the past year. Real progress has nevertheless been made, and the climax of our efforts is now in sight. Unity friends around the world who have been awaiting with enthusiasm and expectation the completion of the Unity Temple in Kansas City will welcome this news.

Many of these friends have expressed the hope that the Temple will be fully paid for when construction has been completed. Through their prayers and blessings and gifts friends everywhere are helping Unity realize this goal. Although expenditures for the coming year will total almost \$400,000, we feel confident that these expenses can be met, for the spirit of accomplishment expressed by all Unity students has brought success in our past endeavors.

Unity students in Kansas City wish to take this opportunity to thank all who are supporting the Temple project so generously. The fact that you live outside Kansas City proves definitely that your interest in the Unity Temple is centered in the spiritual idea back of it. This pleases us very much, for it shows that we are attaining our goal: to build a temple that will be a world symbol of the spiritual ideals for which Unity stands.



A Truth Magazine of  
Pictures, Poems, Medita-  
tions, True-Experience  
Stories, and Gay, Friendly  
Columns by Well-Known  
Unity Writers.



PROGRESS magazine invites its readers to find happier living by thinking right and by looking to God for guidance. Every issue carries a column by Ernest C. Wilson, a message from Silent Unity, and a number of lively stories filled with good ideas—stories in which people find the right answers to problems just like yours.

PROGRESS readers learn that while Truth is ever idealistic it is also practical; in fact it is the only practical way of life.

PROGRESS is published monthly and contains thirty-six pages of inspiration. It is 7 by 10 inches in size. Order it for yourself to supplement your DAILY WORD reading, or send it to a friend that you would like to see become interested in Truth.

PROGRESS is \$1 a year

Unity School of Christianity, 917 Tracy, Kansas City 6, Mo.

## Put Your Trust in God

Whether you are seeking prosperity, a new home, a new job, health, or an adjustment of personal affairs, do this one thing. Put your trust in God and leave the solution of your personal problems to Him. His answer will certainly come, and He will guide you in making right decisions.

The Prosperity Bank plan offers you a daily drill in prayer and right thinking that is invaluable in helping you relinquish your problems to God. It helps you keep your thought clear and ready for God's answer to your problems. During the seven-week Bank drill Silent Unity will be praying for success for you in demonstrating your good.

The Bank plan also affords you an opportunity to bless others and to help them solve their problems by giving them the Truth message through a gift subscription for **DAILY WORD**. Let this plan help you find your good and share your good with others.

Unity School of Christianity, 917 Tracy, Kansas City 6, Mo.

Please send me a Prosperity Bank and enter a year's subscription for *Daily Word* for each of the persons here named. I will save \$3 for the subscriptions, which are to begin at once. I ask the prayers of Silent Unity for my success.

1. Name \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

2. Name \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

3. Name \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

SENDER'S NAME \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Please indicate postal zone numbers, if cities are so divided.

D-6-47

## Do You Want Perfect Health?

If you are not enjoying perfect health Unity suggests that during May and June you unite with other students in Unity's Perfect-Health Program. This program has been planned to help you and thousands of other students demonstrate perfect health. It is based on the book *Jesus Christ Heals*, by Charles Fillmore who declares that perfect health being man's heritage from God is possible, natural, and that God wants His children to claim it! *Jesus Christ Heals* helps each reader to call forth his own Christ radiance, thus charging his whole being with abundant life and perfect health.

### Perfect Health Can Be Yours!

*Jesus Christ Heals* can help you recognize the perfection of your mind and body. No matter what seems to be the state of your health, it is possible for you to benefit by participating in this Perfect-Health Program. Prepared especially to accompany *Jesus Christ Heals* at this time and offered free to you is the helpful booklet *Unity's Perfect-Health Program*, which gives Bible references, affirmations, and suggestions for appropriating the benefits of Mr. Fillmore's illumined teaching about demonstrating health by prayer and right thinking.

### Unity's Perfect-Health Program

Join with Unity in this Perfect-Health Program by sending for a copy of *Jesus Christ Heals* and the free instructive booklet *Unity's Perfect-Health Program*. If you already have a copy of *Jesus Christ Heals*, just ask for a copy of the booklet. *Jesus Christ Heals* is \$1.

UNITY SCHOOL OF CHRISTIANITY, 917 TRACY, KANSAS CITY 6, MO.

## *The High Tide of Summer*

CLYDE EDWIN TUCK

All things are gay in nature, nothing grieves;  
The earth is filled with summer's surging song;  
Wind harps among the blossom-tangled leaves  
Are heard in tune with bees, and in the sheaves  
Of golden grain the minstrel crickets throng.

Glad summer brings to everyone a gift  
Of joy to soothe each grief and drown each sigh.  
Cloud castles rise and cloud ships slowly drift  
Above the distant peaks that proudly lift  
Their sun-emblazoned crowns against the sky.

Today is mine, and I am satisfied.  
The beauty and the peace of summertime  
Have settled in my heart, there to abide;  
Hope's beacon light streams on the year's high tide—  
The world is new today and is sublime!

While wending down June's onward-luring road  
I fain would cheer someone along the way,  
Would roses leave to gladden some abode,  
As lovely summer smiles to lift the load  
From each encumbered heart and soul today.

